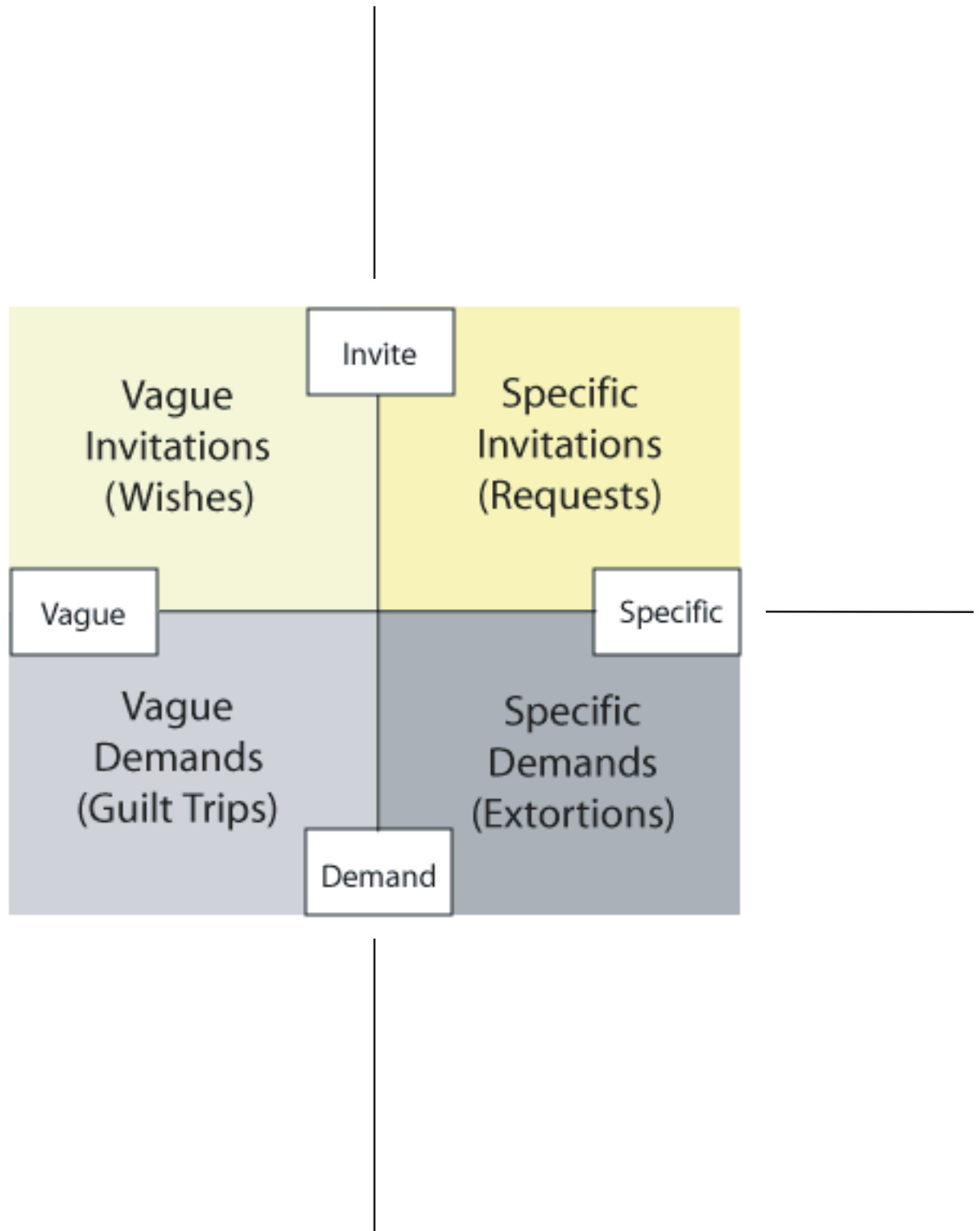


Punishment-Based Motivation vs. Motivating through Connected Requests

What do you want that person to do?



What reasons do you want that person to have for doing what you want them to do?